

TUG

Timed Up and Go Test

Purpose : Assessment of mobility, balance, walking ability, and fall risk in older adults.

Admin time : 10 min

User Friendly : High

Administered by : Healthcare provider or self administered

Content : Instructions for the assessment mobility, balance, walking ability, and fall risk in older adults

Author : Podsiadlo D, 1991

Ref.: Podsiadlo D, Richardson S. The timed "Up & Go": a test of basic functional mobility for frail elderly persons. J Am Geriatr Soc. 1991 Feb;39(2):142-8.

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<https://www.cgakit.com/m-1-tug-test>

ASSESSMENT

Timed Up & Go (TUG)

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

① Instruct the patient:

When I say “Go,” I want you to:

1. Stand up from the chair.
2. Walk to the line on the floor at your normal pace.
3. Turn.
4. Walk back to the chair at your normal pace.
5. Sit down again.

NOTE:

Always stay by the patient for safety.

② On the word “Go,” begin timing.

③ Stop timing after patient sits back down.

④ Record time.

Time in Seconds: _____

An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.

Patient _____

Date _____

Time _____

AM PM

OBSERVATIONS

Observe the patient’s postural stability, gait, stride length, and sway.

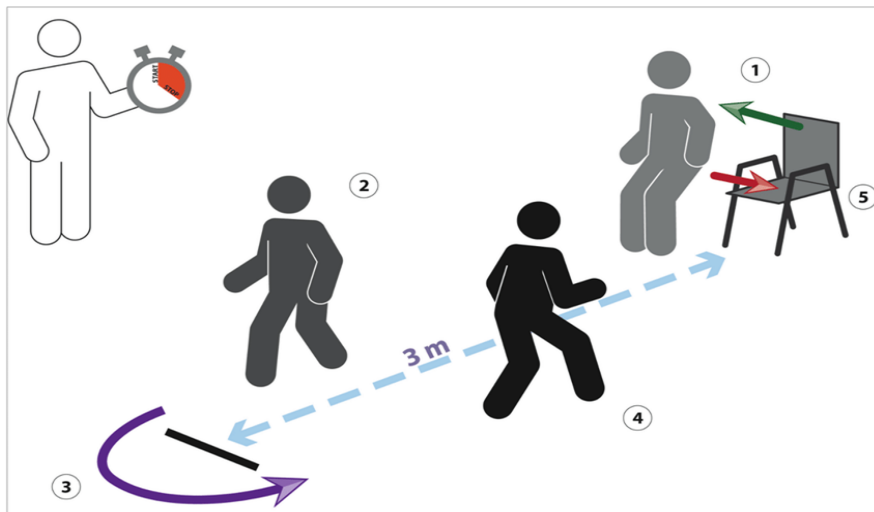
Check all that apply:

- Slow tentative pace
- Loss of balance
- Short strides
- Little or no arm swing
- Steadying self on walls
- Shuffling
- En bloc turning
- Not using assistive device properly

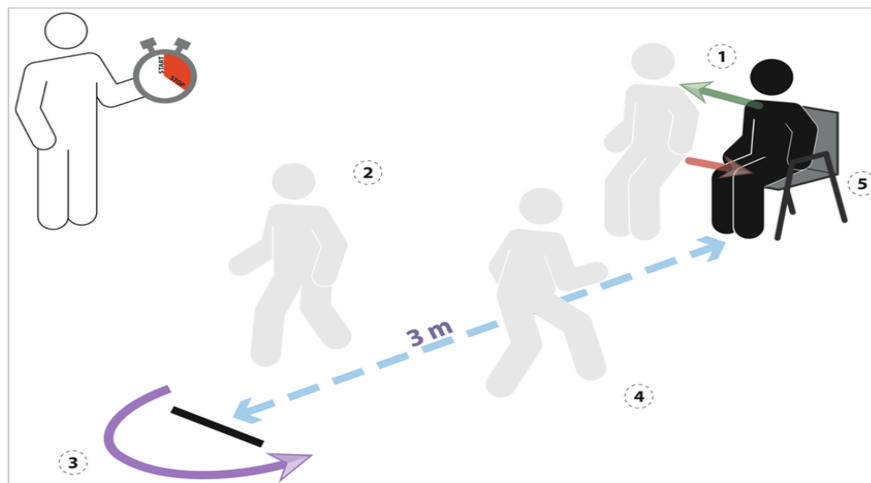
These changes may signify neurological problems that require further evaluation.

Method :

A



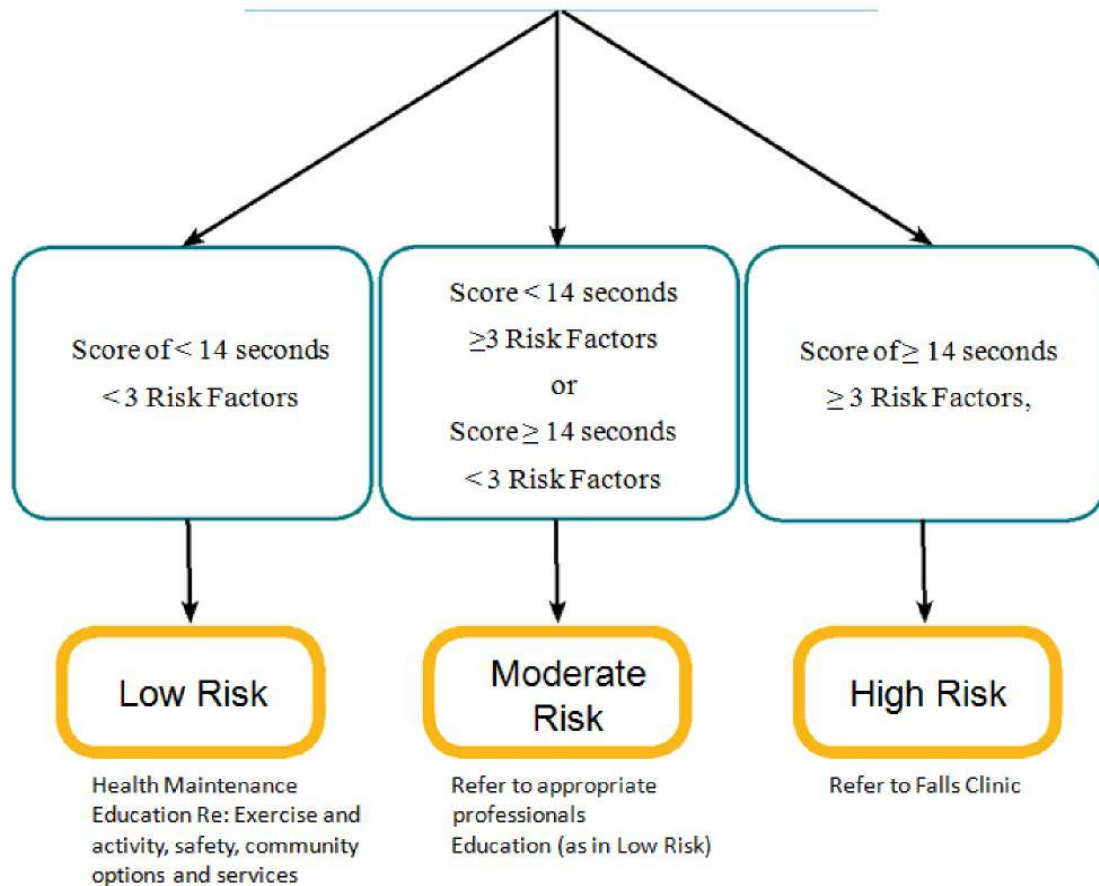
B



Scoring :

< 10 seconds	Normal
10-20 seconds	Good Mobility. Can go out alone. Mobile without a gait aid.
20-30 seconds	Impaired Mobility
>30 seconds	Severely impaired mobility. Cannot go outside alone. Requires a gait aid.
>14 seconds	is associated with high fall risk in community dwelling frail older adults
>10 seconds	is predictive of near-falls in older adults with hip osteoarthritis
>24 seconds	is predictive of falls within 6 months after hip fracture
>30 seconds	is predictive of requiring an assistive device for ambulation and being dependent in Activities of Daily Living.

Falls Screening and Referral Algorithm, TUG



Risk Factors :

Previous falls or near falls	<input type="checkbox"/>	Frailty	<input type="checkbox"/>
Sensory impairment	<input type="checkbox"/>	Dizziness or balance problem	<input type="checkbox"/>
Medication risk (> 4 meds/day)	<input type="checkbox"/>	Arthritis / pain	<input type="checkbox"/>
Drink > 1 unit alcohol / day	<input type="checkbox"/>	Inadequate nutrition	<input type="checkbox"/>
Medical risk (co-existing medical condition)	<input type="checkbox"/>	Incontinence	<input type="checkbox"/>
Cognitive impairment	<input type="checkbox"/>	Sleeping problems	<input type="checkbox"/>
Environmental hazards	<input type="checkbox"/>	Previous fractures / osteoporosis	<input type="checkbox"/>
Impaired gait or mobility	<input type="checkbox"/>	TOTAL RISK FACTORS	<input type="checkbox"/>